



A difficult world

It is not easy living in or out of the closet. Pages 6 and 7

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Staying healthy

People need to make better decisions. Page 3

WEDNESDAY, MARCH 29, 2012

CORVALLIS COLLEGE, CORVALLIS, OR

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4240 YESS! NO LIES

A great day for a great cause

BY ALAN KOPPEL

Third-year advanced police studies students recently have asked for better weather on the day of their charity fundraiser and volleyball tournament, March 18.

The charity of choice this year was Camp Trillium, a childhood support center, which will receive \$2,800.

The camp offers a place for children afflicted with cancer and their families to play in a safe and clean environment.

The students were inspired by Ginevieve Hansen, who runs the summer program, Camp Hansen, who last July was killed at the age of 16 in 1997 by neuroblastoma, a common form of cancer in children. He started the camp in 1998.

"We have learned with reading with amazing students," Hansen beamed proudly. "The credit goes to the 14 students who raised the money."

Each year the advanced police studies class is assigned a group project to organize and hold a charitable event. Faculty member Dave Thord kindly grilled up dozens of burgers and managed for the most part was proud of the class's work. "The fact that they did this as a class is great," Thord said. "Community service is

counted on the police curriculum program."

The project started at the beginning of the semester with students learning local businesses to donate gift cards to be raffled. Some cards worth \$100 were donated by Great Tiger, Boston Pizza and Kowale's. Other prizes included shirts and items from Good Life. Hansen loaned costumes and jewelry.

A prize for best dressed troop was given to the Finny Poles and the winner of the final game was Seta Drive. Organizers Jada Perry, Andrea Muscati and Decker Rogers prepared the schedule while selling tickets for the raffle, which was one of the last events of the day.

Muscati and Rogers had to carry out the camp, and Rogers said the camp was great. "And we enjoyed it with the teacher."

"Even some family and friends have shown up to show their support," added Tyler Trappone, who prepared paper plates with fresh bread and butter. Hansen, on top of everything, had them lined up for the pulled pork.

Each of the organizers including the teacher involved, were what Hansen says, decorated with colorful markers. Within an hour, some had their photos



PHOTO BY ALAN KOPPEL

Family members David Anderson, left, and Susan Thord, right, joined burgers and volleyball, while third-year advanced police studies students. David Brown, middle, checked on supplies at the advanced police studies charity fundraiser and volleyball tournament on March 18.

of people for participating in this year's charity event. Included were donations to mothers' graduation

and, especially Hansen, and her son. Hansen described her son as a decorated with big blue eyes.

"He was a baby when I was born and with a laugh, 'He loved me, and they loved him.'"

IRISH EYES ARE SMILING



PHOTO BY ALAN KOPPEL

Many Corvallis students participated in the Irish St. Patrick's Day Festival held in the University on March 23. Some dressed the part, while others just enjoyed the green beer (including food and drink) left to right, David Anderson, Jeff Wilson, Mary Clare Wilson, David Wilson, Kelly Meyer and Peter Vachon, and back row from left, an unidentified student, Michael Winkler, Sergio Lopez and David Wolf.

Two more trucks stolen from college parking lots

BY CHRIS BART

Corvallis is not again targeting pickup trucks at Corvallis College.

Over the past month, two pickup trucks have been stolen from college parking lots during the day. One was taken from the college's food campus on March 4 while the other was taken from the Corvallis campus on March 18.

Both trucks were late-model GMC Sierra pickup trucks, with aftermarket rims and tires.

"The thieves might have been targeting these vehicles for their aftermarket parts," said John Anderson, a security representative at the school.

"These parts are often for expensive."

In January, two pickup trucks were stolen from the food campus which prompted Security Services to increase patrols and improve surveillance of the lots.

Last month, one person was arrested in connection with vehicle thefts at the college. The person was allegedly working with a registered crime ring operating out of Bremerton. Security officials say the same group is likely responsible for the two most recent thefts.

"This theft ring may involve hundreds of people," said Anderson. "One arrest is not going to deter them from stealing vehicles."

Start living a healthy lifestyle

These tips will help you stay fit or become fit while at college

BY SARAH MAGNITEN

Many students have trouble maintaining a healthy lifestyle after they leave home for college. It's a common problem where you need to get into the routine of eating healthy and staying well to achieve a healthy weight.

One of the best ways to improve your health is to eat a balanced diet full of nutrients. According to *A Williams Way of Life* by Glenn Robbins, Debbie Powers and Sharon Bergan, good diet is one of the reasons to focus on the top 10 leading causes of death in our country. Some of the main factors are the few vegetables, fruits and fibers as well as the much fat, refined sugar and too much food overall. There are six major nutrients that our body needs: carbohydrates, proteins, fats, vitamins, minerals and water. These nutrients provide energy, build and repair the body and regulate body processes.

An easy way to eat a balanced diet is to follow Canada's Food Guide. It states females 18 and older should be eating eight to eight and a half servings of grains every day and eight to eight and a half servings of vegetables, fruits and legumes every day. It also states that males 18 and older should be eating eight to 10 vegetable/fruit servings, eight grains servings, two milk and alternatives servings and two meat and alternatives servings per day.

A lot of students try to stay physically active, but often it's hard to find a difficult to stay in the routine. There are three factors that contribute to fatigue, which are exercise, inadequate sleep and inadequate nutrition. You need to set goals for yourself, make sure they're measurable and achievable and reward yourself when you meet these goals.

The Running Room is the largest fitness center in North Idaho with running and walking treadmills, track and sports gear, apparel and lockers. When you go to the Running Room to buy a new pair of running shoes, have an employee look at your feet and advise you on which shoes to wear.

Ruth Edwards, an employee at the Running Room/Walking Room, said that listening for the right

kind of shoes will help a lot.

"It will help prevent pain through shin splints as well as ankle pain, knee pain and hip pain," said Edwards.

There are three different styles of feet. There is the under pronator, which is the normal foot with high arches and consists of the normal pronator where the arches will collapse and the ankle will bend over and the over pronator, which is the flat foot with flat arches and the ankles bend in.

"There are the most posed or brand of shoes we carry. People find them the most comfortable," said Edwards.

If you are a member of the Running Room, you can get protein, vitamins or Wednesday at 6:30 p.m. or Sunday at 9:30 a.m.

or

Cleansing is a good idea for teens, especially if you've had a physical ailment regarding drugs

— Debbie Baines, Nutrition House

or

Motivation is key. If you don't take the recommended 10,000 steps a day, you will be well on your way to a healthy lifestyle. Running or jogging routinely can help you get there and are excellent ways to stay in shape and work on your cardio.

"The only way to start is to just go out and start running," said Edwards.

There is also fun technology out now to help you work toward personal goals of better health and fitness. MyFitnessPal has two games called Wu Fit and Wu Fit Plus which are a combination of fitness and fun designed for all ages. When you first play the game you set a goal for yourself. You can view your progress through charts and graphs and also receive feedback and encouragement to help you meet your goals. There are three basic types of activities in the game, balance, body twisting and stretching. It includes fun training modes as well as more than 50 other items and activities designed to help improve body balance and fitness. Another feature is the game in that you can play on multiplayer, so you and

friends or family can have fun while improving your health together.

The normal peak of fitness occurs in the late teens to early 20s. To reach this peak, you need to do a minimum of 30 minutes of moderate activity five days of the week.

Debbie Baines is an employee at the Running Room, where they sell accessories, cleaning products, footcure vitamins and minerals. She and a lot of age groups use motivators more, which comes more from the fun side as well as other "fun" for life.

"With the economy right now people seem to choose the most affordable or most important supplements or nutrients. When the economy was better people took more of everything and Baines.

Staying healthy is often able, however, when it comes to supplements and nutrition, you only need to take the most essential ones.

In addition to vitamins there are many different cleansing and detoxifying types.

"Cleansing is a good idea for teens, especially if you've had a physical ailment requiring drugs," said Baines.

Another popular product at Running Room are green supplements. These are green food blends people use to take health benefits such as more energy, better digestion, stress, improved memory and concentration.

According to the authors of *A Williams Way of Life*, there are five body-related components of fitness: Cardio, respiratory and muscular are the most important fitness components. The ability of the heart, lungs and blood vessels to deliver oxygen and important nutrients to muscles during physical activity is essential to keep your heart healthy and to prevent heart disease.

Muscular strength is the second component and is the ability of a muscle to use maximum force against resistance. Weight training is the greatest way to improve strength. Muscular endurance is the ability of a muscle to use repeated low to moderate resistance. With fit comes composition, or an unhealthy substance.

The third is flexibility, which is movement of a joint



PHOTO BY JAMES MAGNITEN

Kevin Leonard works on his back muscle strength on Road Island of Spoke. These two first year pre-service firefighter students improve their fitness at a team.



PHOTO BY SARAH MAGNITEN

Jessica Bland is a first-year accounting student, works on her cardio by using the elliptical trainer. The Counseling gives a free fat analysis including the calorie and is open Monday to Friday, 7 a.m. to 11 p.m. and 7 a.m. to 4 p.m. on weekends.

through a full range of motion. This component is important to efficient movement.

The last component is body composition, which is the amount of body fat in proportion to fat-free weight. The best way to figure this out is to have your body composition analyzed by a professional.

There are three parts to a workout. You need have a warm-up, a main part and a cool-down. The warm-up is essential to keep a hot workout

session. It prepares your body physically and mentally and will reduce the chance of injury. The main part of the workout is about 30-60 minutes in the last part of the workout session which give your body back to its rest state.

Maintaining a healthy lifestyle can be difficult for some students but it doesn't have to be that way. By eating well and getting the right amount of physical activity, a healthy lifestyle can be easily achieved.

Respect Campaign an effective tool

BY LISA REISNER

Conestoga College's Respect Campaign effectively conveys and reinforces the important message that all people deserve a welcoming, respectful and inclusive environment on campus.

Since the campaign launched in September 2008, it has been an effective tool at advancing the college community, especially its Respect. Understanding our Students' values. Various students share their stories in the video providing knowledge about the demographics of students at the college and promoting tolerance and acceptance. The storytellers range from immigrants and single mothers to people with disabilities and poor and homeless.

"We had 77 presentations in our first year, and from May 2009 to the present, we have completed 132," said student life programmer Ryan Conard. "From this, we feel confident that our college community has welcomed all with open arms."

Of the 77 presentations held in the 2008-2009 academic year, 54 were in class presentations, seven were out-of-class open viewings, six were nationally open viewings and eight were student leader presentations.

After the presentation, people are asked to fill out evaluation forms. The feedback from the evaluations showed that 99 per cent of students felt that the video had increased their understanding of various Conestoga College student demographics and 99 per cent felt that the video had increased their understanding of student diversity on campus.

Respect Campaign activities include Random Acts of Kindness Day, Respect Day and display booths at various times of the year and at various events throughout the year. The logo and message are also featured on all college publications and Respect week includes bracelets, buttons and t-shirts. There are also banners, a movie and posters that effectively convey and reinforce the message of respect.

"I feel the message behind the Respect Campaign is one something most everyone can support," said Conard. "It's about considering an environment for everyone that is respectful, welcoming and inclusive to all."

In this day and age you wouldn't think such a one person would be necessary. But, unfortunately it is. We should all be proud that Conestoga is promoting respect, and the one part to ensure a respectful environment.

The writer herein expressed the position of the newspaper, not necessarily the author.

RESPECT

To get it,
you must give it.

Respecting others must become as important as eating and sleeping.

Respect applies to everyone

Everyone is entangled with the word "respect" these days. It makes dramatic appearances everywhere, in our colleges, businesses and even in our social interactions.

We wonder what we are asked to do we simply expect to be "respected" for the decisions and choices we make.

I agree with this way of thinking, but only to a certain degree. As Canada grows, and cultures, religions and various other differences multiply, it is certainly unable to have a level of acceptance and respect for others' perspectives.

But along with the growing of all these new ways of thinking and being, many other traditions are either fading or being redefined, religious in particular.

Religion is itself in a toughy subject and anyone wants to venture there for fear that they will offend someone. But take a religious religion such as Christianity and set it very firmly on your path and see the name of God as progressively.

Teachers openly will play



Michelle
Sommer
Opinion

involved Jesus in front of the class and then, only if they remember as the end of the year, they will "I hope that didn't offend anyone."

I am not condemning any one for having a different religion or world view other than Christianity, but in a world full of "respect," it only makes sense to encourage Christianity to reach as any other religion.

Along with respecting everyone and embracing their uniqueness, people must also respect religions that are more common and people whose cultures are more familiar.

It seems that whenever we're sure a person does not have a religion, culture or nationality we'll offend, we consider it OK to show the little consideration.

We rarely consider them and attempt to put ourselves

at the top.

Why do we find it so easy to respect those with differences and religions we are unfamiliar with, but so hard to get along with those who have more differences and different religions or ways of thinking?

It is a good thing that religions, in particular, including ours, are quick to show their support of foreign religions and traditions. We have a week dedicated to cultural diversity, we have festivals showing exhibiting the style of different cultures and we have clubs to defend our traditions, but yet we find it difficult to accept the people we grow up with, the culture we have lost.

You'd imagine with all the "respecting" and "accepting" going on that we'd all be getting along famously. But we don't, and in a real world we never will get along quite that well.

But isn't there to put one small patch of common ground between everyone?

We do respect the traditions and cultures and we respect the established ones?

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be edited for verification.

We encourage letters will be published.

Letters should be no longer

than 500 words. Spoke reserves the right to edit anything for publication. Address envelope direct to:

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Start your own business with help from the government

By MICHELLE SOMMER

With the days getting brighter and longer, the thought of finding a summer job flows clearly behind the sunny students.

Most often it's a toing between work, music and Summer King, but this year can be different. With the Ontario government offering students between the ages of 15 and 29 up to \$10,000 in awards, starting your own summer business can become a reality.

New and Old, St. Lawrence Company will be accepting applications for the coming season. Here's your chance to break out of your rut and start your own business.

Funkin' Monkey, director of Cooperative Education and Career Services, believes there are benefits to starting your own summer company. It's an opportunity to learn how to start and run your own business and how to deal with the challenges that will be certain to arise. There will be take benefits as well, such as improving time manage-

ment and organizational and interpersonal skills, she said.

As an entrepreneur with Summer Company students will receive hands on training from other business owners in the community in order to help their company succeed.

Students who are accepted in the program will receive up to \$5,500 for the start-up costs of the business, and up to \$1,500 of it is immediately completed.

Monkey suggests students should choose a business they enjoy and know they are good at. Also anyone who applies for this should have high energy, be self-motivated and a willing to take risks. Students should think carefully before taking such a large step.

"It is a big challenge though it has the potential to be very rewarding. It would probably be helpful for them to talk to one or two successful entrepreneurs," said Monkey.

To apply check your eligibility on their website. Fill out a business plan as described on the sample web site.



PHOTO BY MICHELLE SOMMER

Whether your dream business is landscaping, painting or being a fashion designer, Summer Company can help you get there. Students who apply can receive up to \$5,000 in awards to get their business started. Applications will be accepted until May 8.

forward and submit your application.

For more information call 1-877-853-8887 or visit our website and email careers@scsnc.com. First visit the website www.startup-entrepreneur and through this find your way to Summer Company.

Search for a job on Mycareer website

By NICOLE FRANK

Mycareer is a great resource for students at Guelph. The site is accessible through the student portal and provides job postings for summer, part-time and full-time employment.

Lori Shadrach, manager of Career Services and Cooperative Education, said that Mycareer is an excellent tool for students. Once logged in, students can search the job postings by a keyword or by manually added jobs.

It is easy to use and a great way to stay organized, Shadrach said.



PHOTO BY NICOLE FRANK

Coverage students and grads can log onto Mycareer through the student portal. Mycareer provides information on employment on and off campus.

vide information on when it was posted, the application deadline and the application fee. A job description and salary rate is also included.

Mycareer also provides job postings for on-campus work studies and employment.

Shadrach said she is going to work on posting all on-campus jobs on Mycareer such as CSI positions in the next future.

"We want to provide the students with the best information possible," Shadrach said.

We want to provide the students with the best information possible

— Lori Shadrach

On Mycareer students are able to keep track of their scheduled interviews and all of the jobs that they have applied for.

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Homosexuality may ... 'But it sure as hell

BY JENNIFER ROBERT

With no major stereotypes and expectations of people in today's world, being different is one of the hardest things anyone will go through. If you choose to dress differently, have different interests or have a different sexual orientation, people will have something to say about it. Being a homosexual in Canada may legally be easier than any where else in the world, but day to day living is still a challenge.

"I am totally still afraid of being an openly gay parent," said Shandi Mizuki. "It's still not overly acceptable and people would not only ostracize me but my daughter as well."

Mizuki had her daughter at 18 years of age and has faced daily challenges not only with being a young mother but with how to handle the fact that she is a homosexual raising her daughter on her own.

In 1990 a story broke about a grandmother winning custody of her three-year-old grandson on the grounds that her daughter was unable to take care of him because she was a lesbian. The decision was appealed and overturned, but a Supreme Court again ruled on the grandmother's favour. Simple homosexual parents, both male and female, face the same thing could happen to them.

"It's not like it's a choice. If it was like that, I'd go the easier way and just be heterosexual."

Marriage between same sex partners is legal across Canada, the only place in the world that it is widely accepted. In the United States action states have passed laws pertaining to marriage between same sex partners while other countries ban the simple act of two men or women being together and have it punishable by death. In early 2010 people across the world joined together to try and stop a bill being passed in Uganda making

homosexuality punishable by death or life in prison.

"Here, we're allowed to get married and to bring friends to parties and to go to bed as we feel," said Joe Smith, a Centennial College student. "But, the ridicule we face is enough to keep us away from the street."

It's not like it's a choice.

If it was like that,
I'd go the easier way
and just be hetero.

— Shandi Mizuki

Smith did not want his real name used for fear of a backlash from his friends and family who think he is straight.

"Nobody knows, not one person in my life knows I'm gay," said Smith. "But, I wanted to speak out. It may be accepted but it sure is hell on my soul."

Many homosexuals still hide in the closet due to current public ridicule.

"My biggest struggle was, unfortunately, coming out," said Shandi. "It's hard to get my thoughts when most people are still putting you down."

Tamara hates a water acceptance that not other cities in Canada, and even now, succeeded in bringing World Pride 2012 to her doorstep. But, was it just a way to put some much needed money into the coffers?

"Explains to me this, why is there a segregated area for homosexuals? (Toronto Street) and Smith. "It's kind of like, 'yeah we accept you, but please stay together in that zone.' I just don't get it."

Mizuki seems to have a hard or time coming out to their male friends when he does do so with other. When a group of straight male friends is confronted with a situation

where a member of the group is a homosexual, tension and apprehension can take over.

"I had a friend who always talked about girls and used to make all the jokes," said Mike Greene, a Toronto resident. "One day while on the car he just came out to me after I asked him about a girl we were just with. He said, 'I'm gay' and I said, 'I don't understand why.'"

Greene has shown that being a homosexual is not something you choose, that you do not see it as an embarrassing and decide that you are going to be ridiculed in the same way, like heterosexual individuals, those who are homosexual cannot help but they are ridiculed too.

The Attitudes Psychological Association defines social orientation as "an enduring, emotional, cognitive, or affective attitude towards a person, role, or role-related person, object, or situation." In other words, someone does not have to be exclusively homosexual or heterosexual, but can find varying degrees of attraction for both genders. Sexual orientation develops across a person's lifetime — different people realize at different points in their lives that they are heterosexual, gay, lesbian or bisexual.

"My friend cannot help that he is attracted to men," said Greene. "He was so afraid that it would harm friends because of the way he was born."

Even though studies have been conducted to prove that being a homosexual is not a choice, the divide between religion and religion is still strong.

"The bible seems to hate us," said Smith. "I go to church, I'm Catholic. I don't say and I'm on all sexual good people but, because I'm gay they start saying I'm going to hell."

Open minded people have come to accept that homosexual acts are everywhere in our communities. We talk to them daily at work in businesses and over the phone and hang out there on the street. But some still hold strong that those who are interested in the same sex can be forced and will one day revert to a heterosexual.

"I never made fun of being an open lesbian," said Mizuki. "People know I like women and my men but they don't mean. I really date women because of the negative backlash that status directed at my daughter."

Even proud homosexuals are forced to shut down due to negativity directed at them from people who just can't accept that they are just like every one else, just wanting love.

He apologized profusely for being gay.

I still don't understand why.

— Mike Greene

"It's so proud to be who I am," said Shandi. "I just don't want my daughter affected by my decisions."

The good news is homosexuals are accepted in some places. At Centennial College there is a group of students who offer a place where those who are gay, lesbian, or bi-sexual or anyone else can get together and feel like they belong. Centennial Pride is a group of people who have put on everyone else's lives. And Toronto holds World Week every year and puts in thousands of people both gay and straight.

"We're more accepted, and the support we receive from people is amazing," said Smith. "But, made from those groups and events, we still can't say being gay."

PHOTOS BY ANDREW BROWNE

Calculus and supporters posed for Adam Smith's campaign. It was started as a silent protest to the anti-gay marriage law Prop 8 that was passed in California in 2008.

To learn more visit: www.anti-prop8.org



be more accepted ...

isn't easy:' a Conestoga student



PHOTOS BY JESSICA BRANT

Every year thousands of homosexuals and supporters crowd the streets of Toronto to celebrate in public sexuality. For a week Toronto throws parties and holds concerts. It ends with a huge parade to show its diversity. The young and old come to watch and support trendy musicians and acts. Although there are people who try to crash the party, they don't get away unnoticed. You can't keep the pride open.



Matthew Shephard night, was just one of the gay homosexuals who have been murdered for the simple fact that they were gay. In 1998 he was beaten and left to die.



If I had a million dollars

Once a week I play the lottery, usually focusing on the Cash for Life that the Ontario Lottery Gaming Corporation donates as a prize to me. I don't fantasize about how much money it would be if I won \$1,000 every week for life. I wouldn't have any debt and my life would be an amazing success. I wouldn't have to take the bus two hours every day to school and I wouldn't have to stress about how I was going to pay this month's rent.

I decided that winning the lottery would be my ticket out of the stresses of everyday life and I watched the TUC special *The Lottery*. For the most part the people on this show were on the same level

that I was but then they hit it big and suddenly had millions of dollars at their disposal. They were so happy that the more they knew they had no worries. However, the show also examined the ultimate question of whether or not a million dollars truly brings happiness.

After winning the show I asked myself the same ultimate question: If I had all this money as the world would I be happy?

I have met many people as my life has changed in how it has but still don't seem happy. They could go to the store without a budget and go on trips without a worry but still appeared unhappy. I would always wonder what could pos-



Nicole Frank
Opinion

sibly be missing in their lives. They have it all and what might do they have to be unhappy?

There isn't a doubt in my mind that although life would be easier for me if I had millions of dollars, but then I think about my personal life and realize that money and wealth isn't really any kind of a difference on that front or on what ultimately matters. I have relationships based on

my personality and on the amount of money that I carry in my bank of life. Sure, possibly I have my happiness, very much and after thinking about it, I know I wouldn't love him any more if I had more money and I know he wouldn't love me any more either.

If I was millions of dollars, the most exciting part would be being able to give all the people in my life that matter to me an easier life. I would give my mom a new house and also give her someone who could take care of it for her. After thinking about what I would do if I was money I realized that I could do all of those things without money too. It wouldn't be the

same but it would be more meaningful. Even though I can't afford to give my mom a new house or someone who can maintain it, I can do something more for her. I can help her whenever I can and I can also have a relationship with her that money can't buy.

I am happy so I do picture my life being better, and believe me usually escape from money. Getting stress and actually thinking about how money would change my life has been a great and enlightening experience. I now realize that even though having endless funds would be great, having meaningful relationships means even more.

You have to be ever vigilant to avoid being scammed

By ANTHONY BROWN

There are those watching your favourite TV show, and you hear the phone ring. You answer it and the voice on the other end tells you that you are the lucky winner of a \$10,000 Canadian prize, in addition to trips to Cuba and St. Moritz. You'll spend a night at a luxury resort and so on. All they require is your mailing address, email and credit card number.

You know that feeling you get after you think you've been duped?

The usual being scammed, be over exposed, the ways of telemarketers, the Internet, seems through the mail and even door-to-door salesmen. It seems when we think we've gotten a step ahead of frauds, something new comes up.

In 2006, the federal government had to respond to complaints about telemarketers.

By launching a national do not call list (DNCL) in order to register for the DNCL, you can either call 1-888-888-8688, or log on to www.dncl.gc.ca and follow the steps outlined on the site. There are exceptions from the list, such as charities, the government, banking, donations or newspapers (ask me to tell you a subscription, so don't think it'll stop the calls entirely).

One scam was run by the office of the now former member of the house of representatives and Republican party house majority leader Tom DeLay, who was charged in 2006 by a Texas County, Texas court of conspiracy of violating Texas election law and money laundering.

DeLay allegedly raised more money than he needed and thus sent the excess dollars to Ray Oliver, his interim successor as the House of Representatives. Some of the

money was alleged to have gone to Oliver's son, Matthew, for his campaign to become governor of Missouri.

Scams like that are hard for us to avoid. But here are some tips from Capital One on how to at least make yourself feel more in control when you meet up a scammer.

1. If they give a lot of pressure on you to buy their product or to give a donation, don't give

in. If you feel they're the type to just keep talking in order to get the sale or donation complete, hang up the phone.

2. Don't pick the phone up. Or, some phones have a setting that allows you to have separate ringtones. Check if you have this feature, and turn it on if you do. For those of you who don't have the time across your calls.

3. If you feel you want to go

ahead with the donation or buy whatever product they're selling, get all the information from them. Ask for the registration of the charity and their business number. You can check www.canadacharity.org to see if they're a legitimate charity, and if it's a business call you, check them out on the Canada revenue agency (CRA) website.

COUNSELLOR'S CORNER Stress and Stress Management Part 2: Coping with Stress



In part 1 we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

- A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Set your awareness of your stressors and your reactions to them. Don't ignore your problems.

If you failed the first part of a course, decide what you can do to increase your chance of success next time.

- What can you change? Can you avoid or eliminate the stressors? Are you working too many hours? Is this interfering with your educational goals?

- Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?

The presentation is only 5 minutes in length and worth 8% of your grade.

- Can you take better care of yourself? Including your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health. Cut out cup of coffee from your morning routine.

Having mutually supportive friendships, setting realistic rather than performance goals and being good to yourself all contribute to managing stress.

For further assistance, talk to a counsellor in Counselling Services 14101.

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WEARY STUDENTS TAKE A NAP ON CAMPUS



PHOTO BY FREEDMAN CORREIA

Whether students are using theirs to catch up on some sleep after a busy weekend, for a last-minute study session or just as a comfortable place to sit and chat with friends, the black leather chairs have been a welcome addition to the college campus.

Respect Week kicks off today

By MICHELLE HANAUER

Respect Week is an at Canterbury College, and represents first making students to spend a little more time this week considering the thoughts and feelings of those around them.

Forty-five volunteers from a variety of programs throughout the school will be heading together to show the community why giving each other respect is so important.

"Respect Week is an opportunity for us to celebrate the attitudes and behaviors that people do to make a difference in our community," said student life programmer Ryan Correll.

The week kicks off today. Students can make a difference to demonstrate a short-term healthy relationship theme. Donations will support Women's Crisis Services of Waterloo Region and the American Heart. Edwards College's Academic Success, a local center for women and children living in a home, is looking to expand their funds to offer more beds and stress for children to be able to play and study.

"Tuesday is Smile Day! Stop by the Student Life Centre to pick up a smile kit to brighten up your day or the day of someone close to you. Chatterbox will also be taking part in Smile Day offering smile stickers to students for a quarter."

On "Words of Encouragement" Wednesday, people are encouraged to tell their friends and their loved

ones how much they appreciate them.

Thursday the respect games will be taking place. The games will all have a twist, giving those involved the chance to get themselves in the shoes of others in order to promote understanding.

"What's really great about the campaign is that people can see themselves as it. There's a way they are understood and identify with

these core messages that so many people can relate with on different levels," said Correll.

"As human beings, sometimes we just get bogged down with what's going on in our own lives and how stressed we can be with different work programs, we don't think about how we can help to enlighten others, and we think our mission for the week enlightens others."

help

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Learning Skills Services

Your Study Tip #4
Test yourself - before your test

Ask yourself questions.
Use your notes, or a textbook to check your answers.

Make a phone call to our appointment with a Learning Skills Advisor to discuss other steps to study.

The Learning Services team (opens 24/7)
525-228-0001 ext. 3308

open to all
Student Life
at the August Campus
Student Council

Monday March 29
through
Thursday April 1

TUESDAY
SMILE DAY

Just a smile can save an entire day.
Stop by the Student Life Centre
to get your smile kit.

WEDNESDAY
Words Of ENCOURAGEMENT
Encourage, inspire, uplift, support.
Tell your friends and family how
much you appreciate them.

THURSDAY
THE RESPECT GAMES!
Check us out in the Student Life Centre
Get involved in a game that you can
all win together!

MONDAY
Respectful Relationships
Cloggers Live

Join us for a night of our Cloggers Live
and dance with your friends and family.
Also enjoying all Cloggers Live!

Respectful Relationships
Support Student Life
Respectful Relationships

Support Student Life
Respectful Relationships
Respectful Relationships

Be the difference.

RESPECT WEEK

Check out how you can be the difference all week in the Student Life Centre!

HOROSCOPE

First of March 20, 2006



Aries
March 21
April 19

You will decide that it is a good idea to take even an active vacation. This is a bad idea as there is very little oxygen at such high altitudes.



Libra
September 19
October 22

You will start drinking cold which is made with cold water instead of warm syrup. This is a much better



Taurus
April 20 - May 20

At some point that week you will learn that the first treatment for the life-threatening condition of high altitude pulmonary edema is Viagra.



Scorpio
November 21
November 21

During the weekend a tall woman with pink hair will try to steal your coat. You will be angry. You should stop hanging out in areas where women like that spend time.



Gemini
May 21 - June 21

On Friday you will decide to build a holiday from Canada to Europe. It would be wise to raise a lot of money and get some supporters in on this project.



Sagittarius
November 22
November 21

A girl wearing an outfit made entirely out of rubber dice will try and sell you a motorcycle that runs on gas. This could be fun.



Cancer
June 22 - July 22

This weekend you will decide to drop a car that runs on water. I suspect you but several large companies will try and shut down your research.



Capricorn
December 21 - January 19

At some point in the weekend an elderly man, with six fingers on each hand, will punch you in the nose. I suspect you will be the person who the weekend.



Leo
July 23 - August 22

You will begin shooting at Microsoft for their ads, which claim that a bunch of random people created Windows 1. All the ads were stolen from Apple.



Aquarius
January 20 - February 18

You will not get enough sleep. This lack of sleep is due to the fact that your nightmares are worse. You should deal with them in some sort of fashion.



Virgo
August 23 - September 22

You will use an Apple computer for the first time in your life, having used Microsoft till the present. You will be shocked at how much better Macs are than PCs.



Pisces
February 19 - March 20

You will find that your cell-phone has broken. This is terrible because you will have just done your grocery shopping. Hold off on going grocery shopping.

Giving back to the community

Volunteer opportunities abound

By FREEMAN BARTER

With the school year coming to an end, many students may be looking for some form of work, or a way to put their resumes to get a job. Others may be looking to volunteer their time to help those less fortunate. Waterloo Region has a couple of different opportunities available for both.

If gardening isn't your cup of tea, the village is also looking for young adults to dress up in period costumes to assist in special events, musical performances, as well as demonstrations of activities from the turn of the 20th century such as woodworking and weaving.

Deon Heritage Village, a living history site set in the early 1880s, is looking for volunteers to help plant and

maintain their heritage flower and herb gardens. If you're not into your cup of tea, the village is also looking for young adults to dress up in period costumes to assist in special events, musical performances as well as demonstrations of activities from the turn of the 20th century such as woodworking and weaving. For more information on either the gardening or period dress-up opportunities, contact Deborah Young at 518-548-2914 ext. 2072.

The Waterloo Region branch of Meads on Wheels and Meads is looking for volunteer drivers. The program runs on the first and third Thursday of every month at Public Works Community Centre, located at 71 Dewar Blvd., Cambridge. That would include picking up a couple of clients at their homes, transporting them to the mall and, enjoying lunch with them and then driving them back home. For just a few hours of your day, you can help change someone's life. Pick-up starts around 11:15 a.m. and drop-off ends around 2:30 p.m.

They are also looking for

Friday drivers to deliver meals to their clients, starting at their Franklin Roadwood office in Cambridge. Services take no more than an hour starting at 10:15 a.m. That can help make a tremendous difference in the lives of some clients in the community. Full-time drivers are also needed, to make the regular volunteer drivers is not available. For all positions, contact volunteer coordinator Kate Lawrence at 518-775-6767 ext. 2116, or by email at klawrence@meads.org.

Finally, Rotary Cancer Canada is looking for an administrative support volunteer to assist in their office a half a day a week, during the day. The day and time are flexible. Tasks will include answering the phone, scheduling meetings, maintaining information packages, updating Email newsletters, website updates and filing. Strong verbal and written English skills, as well as previous experience with MS Word and Excel is needed. Contact executive director Tammy Light at 518-741-7441 or at tammy@rccbc.ca.

DUCKS AND GEESSE FOLLOW THE WARMTH



PHOTO BY CHRIS BART

Ducks and Canada geese gather at the shores of Lake Ontario. As the warm weather conditions, more of our feathered friends will arrive at lakes and rivers throughout Ontario.



Nick Duka is a second-year journalism student who makes these up for your amusement.

Community in danger of losing resource for eating disorder sufferers

Eating disorder coalition desperately needs funding to continue supporting the Region

By JAMILL HENNING

Eating disorders have the highest death rate of any mental illness.

If left untreated enough, 27 percent of girls aged 15 to 18 suffer from at least one symptom of an eating disorder.

Despite these statistics, Waterloo Region is in danger of losing an important resource in the battle against eating disorders.

The Eating Disorders Awareness Coalition of Waterloo Region (EDAC) could disappear some time if a donor loses an annual fundraising gala.

"We are the only organization that provides education, prevention and support," said Kathryn Barrett, executive director of EDAC. "Without us, they wouldn't know what to do or where to go for help." EDAC provides a frequently updated online directory of professionals and resources

available in the community related to eating disorders, including doctors, psychologists, dietitians and nurses, telephone departments.

Should EDAC not survive, there will be "no prevention and wellness programs for the schools."

EDAC currently does presentations about eating disorders and positive body image that are specially tailored to groups of students in Grades 6 to 12. EDAC also conducts a Grade 6 girls group that runs for 10 weeks and helps build students' self-esteem and self-esteem skills.

Presentations are given by trained university students with a background in nutrition or psychology. The facilitators for the girls group are social work or masters of social work students.

EDAC has over 160 volunteers and about 70 per cent of them are university or college students, many of them fall victim to racism, placement in residential care, sexual

"They want the experience" and Barrett. "We provide support and support."

Cathy Menard, executive director of EDAC, has been involved with EDAC for years ago when her daughter was struggling with eating disorders.

She started attending the Family and Friends Support Group for loved ones of an eating disorder sufferer which is run through EDAC. Menard was not especially hard when an eating disorder strikes because they often feel powerless.

IT

"You have to stand back and potentially watch your loved one kill themselves."

—Cathy Menard

IT

"You have to stand back and potentially watch your loved one kill themselves," said

Menard.

Contacting with EDAC was "one of those turning points in my life," said Menard. Suddenly they had access to special-kind resources that related to the care of their whole family — the individual with the eating disorder and those supporting her.

"They offered our family all the resources. It's kind of like the spoke in the wheel pointing you to what you need."

Menard recently wrote an editorial for the Waterloo Region Record highlighting EDAC's financial plight. She is also involved in promoting healthy eating habits at her job with Service Canada, and is also in contact with local politicians.

"There is a serious lack of focus on the part of the Ministry of Health," said Menard.

When Menard was seeking support, Menard said she had no idea about the level of support she had on the

the want to get a bed at HomeWood a treatment facility in Guelph was over a year long for an OHIP bed. Menard publicly funded beds were around \$50,000 with no guarantee that a would work.

Menard also learned that the province is willing to send privately ill patients to the U.S. where treatments can cost over \$1,000 a day. However, OHIP will only pay for treatment some of the time if the patient is in danger of permanent damage.

Eating disorders are not on the mandate for most health networks and receive little funding. Menard has been in contact with MPP John Milloy in an effort to get eating disorder services more money. She has received no reply to date.

For more information about EDAC or to make a donation, contact the office at 67 King St. W. in Waterloo, call 525-7475 or visit the website at www.edac.ca.



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GETTING RID OF THE DIRT TO MAKE ROOM FOR THE SCHOOL



PHOTO BY ANDREW LARSEN

Gateway Mills is almost finished with the dirtwork it began March 15 for the new Fleming. Seismic Architects created the blueprint for the Fleming design on March 15. It will have a 50,000-square-foot situation to 5 for public foundations students, which will be the largest in the world.



PHOTO BY ANDREW LARSEN

This front-end loader was put to good use on March 25 clearing off the excess dirt off the terrain. At this point the crews had the dirt properly dug and leveled for the foundation to be installed.



PHOTO BY ANDREW LARSEN

This hydraulic excavator was put to work early on March 15 as construction crews began working on clearing the soil. A general contractor has not yet been named, but hopefully will be by the end of April. Crews have been working hard to get the work finished on time.



PHOTO BY ANDREW LARSEN

The excavator was started on March 15, working for work to begin again later in the day. The sight of the machine was not welcomed by students who have to park in the lot.